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Lace up to feel good

Exercise doesn't just benefit physical health, boosts mood too Page 3

THURSDAY, MAY 12, 2016

Niagara local flees fire

Welland woman describes husband's escape from Fort McMurray fire Page 25



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Local school takes global action



Teacher Amber Christie, right, and students Sierra Skotniski, from left, Brenna Bohun, Rebekah Hofstee, Athena Dezensosky and Hannah Smith display some of the fair trade gifts available for Mother's Day. See story on page 5.



UPFRONT

Redshaw leads skate down memory lane



A hockey game, fittingly enough, took place at Vale Health and Wellness Centre when former Tribune sports editor Wayne Redshaw discussed the talk he will be giving to Port Colborne Historical Society Monday night.

When Wayne Redshaw talks about the heyday of hockey in Port Colborne, much of it is from first-hand knowledge. Long before he joined the

newspaper in 1962, the former Tribune sports editor knew all about the fierce rivalry between Port Colborne and Welland from a fan's perspective that dates back to the late 1940s. Redshaw can remember boarding the trolley at Stop 17 on Quaker Road and getting off at Elm Street in Port Colbome.

"Back then, the fare was something like 15 cents, but it was worth it. You got to see good hockey," the 72-year-old Buffalo

Salvoc Hall of Famor eald Battles for bragging rights in intermediate hockey weren't limited to the Port Sailors, the Crowland Bisons and that team's successor, the Welland Combines.

"Dunnville was a big draw. too. You could always count on a mudcat getting thrown on the ice," he recalled with a chuckle. Thrown in celebration or in

consternation? "Sometimes, it was both." Those storied rivalries were

among the headlines ripped from local sports history Monday when Redshaw led a skate down memory lane at Portal Retirement Village. Port Colborne Historical Society invited him to give a talk Monday evening and the theme of his 30-minute presentation was Port Colborne's Golden Years in

An era that began in the late '40s, just after Teeder Kennedy left Port Colborne on his way to a hall of fame career with the Toronto Maple Leafs, lasted well into the 1970s. Over that

time Port Colborne won seven intermediate championships and twice travelled to compete in the eastern Canadian finals. "They also hosted the finals from time to time:

While the players, many of whom staved close to home. weren't professionals, it was nonetheless good hockey.

"You have to remember for a long time it was only a sixteam NHL, and the American Hockey League wasn't paying crap," Redshaw said, "Don't kid yourself, it was very good hockey*

Until Hockey Night in Canada came to the small screen. at the beginning not picking up the action until the end of the first period, local hockey was the only game in town.

"In those days that was bockey. For some reason. Hockey Night in Canada started at 8:30 and only showed the end of the first period.

Redshaw, a Welland Sports Wall of Fame inductee and a life member of the Professional Hockey Writers' Association, doesn't know whether he be feeling more nostalgic or a "just old" when he makes his Port Colbom e Historical Society presentation.

"Probably a little of both." The historical society meeting took place in the Portal Village auditorium.



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welland.tribune@sunmedia.ca John Tohon, Group Advertising Director Peter Conradi, Managing Editor

POSTMEDIA

Fitness is for your brain, too

ardly a week passes these days without reading a news story about

The tale hasn't changed in years: We eat too much bad food, spend too many hours sitting, and don't get nearly enough exercise. This leads to all kinds of illnesses, including heart disease, stroke, diabetes and other

In short, our collective sloth is killing us. Turns out, exercise doesn't just keep your heart healthy, but also makes your brain healthier and can assist in treating, recovering from and managing brain illness like

ailments

depression. (Last week was Mental Health Week, so you must have known this was coming.)

Last Tuesday, I spoke to Jan Robertson, the regional clinical supervisor for addictions and mental health at Niagara Health System, who told me regular exercise can be an indispensable tool when dealing with brain health. "I prefer to think of it as mental wellness," he said.

"When we talk about mental illness, we're talking about a brain thing. But we prefer to treat the entire patient, because the connection between the brain and body is so

Robertson said NHS recreational therapists often incorporate physical exercise in

natient treatment. "It doesn't have to be a lot," he said, "Even 30 minutes a day for four days a week can yield really positive results."

So why is someone like Robertson so hot to trot on exercise as a tool to deal with some brain illnesses, as well as a means to maintain one's mental health? In one word: serotonin.

Serotonin is neurotransmitter linked to the regulation of mood. In effect, it's a chemical your body produces that, among its other

functions, makes you feel happy. People who suffer from depression are often found to have low levels of serotonin. That's why antidepressant drugs are

designed to manage serotonin levels. Exercise can have a similar effect, because it increases the production of serotonin in the hody.

"You know that feeling runners get, some times called a runner's high, when they feel really good after running?" Robertson said. "That's serotonin at work."

Interestingly, most of our serotonin isn't stored in the brain, but is produced in the human gut, home to so many neurons specialized nerve cells commonly associated with the brain and spinal cord — that it is nicknamed "the second brain."

(Don't let the name fool you. Your stomach doesn't actually think, so it cannot be blamed for over eating. You still make decisions with your head Exercise "activates" these cells, Roberston

said, leading to the production of serotonin and, Shazam!, your mood improves. This isn't just a hypothesis, Robertson said the NHS has a therapy group that is essentially a running club. The mood of the



sport, jogging, motion, marathon, relay, crowd, team, fitness, runners, athletes, endurance, legs, healthy lifestyle, success, competition, speed

participants is tracked before and after their depression or related illness.

runs. Not surprisingly, post-run moods are better than before exercising. "The science on this has been evolving for a long time. This isn't new." Robertson said.

However, it wasn't as possible to incorporate exercise into therapy in the past, he said, at least not in Niagara. The new St. Catharines hospital, he said.

was designed with a walking path around it, allowing clinicians to get their patients moving outside - something that wasn't really feasible at the old St. Catharines General Hospital on Queenston Street. (It's not really possible at the soon-to-

be-replaced hospitals in Niagara Falls and Welland, either,) To be clear, while exercise is important, it doesn't replace the need for a proper diagnosis and treatment if you are suffering from

But it can be an incredibly useful tool in your arsenal to manage a condition.

None of this should come as a surprise. Over time, we have built for ourselves an environment utterly unlike the one our species arose in. We didn't evolve to sit at desks in front of computers all day, spend our nights staring at the artificial glow of smart-

phones and televisions or eat food barely worths of the term We evolved as active creatures, Our bodies, and our brains, are not meant to be sedentary. So it's little wonder we grow sick

when we are. Given the way our bodies work and the constantly climbing costs of health care, we

ought to take Robertson's advice and get Your brain will thank you for it.

Lately I've been thinking about God's greatness

PASTOR GARY TOMIUCK Wainfleet congregational Christian church don't think that anyone can improve upon describing the essence of ones

OF GOD IN THE SOUL OF MAN. I can't take credit for those words as

salvation than these words do: THE LIFE much as I would like to, for in fact they are the title of a book of the same name written by the early Puritan Henry Scougal. When you think about the life of God, what words come into your mind?

In His very nature God is life. He is the life-giver and the life-sustainer. He alone has life in His essence and life in His fullness. Life in infinite quality and life in

infinite quantity. God's life never had a beginning and it will never have an end. God cannot

life again. stop being God. Everything about Him is

eternal, His love, His power, His wisdom, His glory and all of His other perfect attributes. In ultimate condescension God the Father, sent God the Son, the Eternal word. to this world to be born, die, and raised to

Continued on next page

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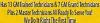
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I've been thinking about God

From previous page Following the Lords ascension He in turn sent God the spirit to remove hearts of stone and replace them with hearts of flesh. We know not why (excepting undeserved grace and love) we know not how (it is a mystery), but

Christians do know when that glorious change His amazing grace sought us out, found us and we have experienced this truth personally which goes far above anyone's understanding of it. It is simple yet profound, God given and

God-saving. Then where does this live of God enter those who put their faith and trust in Him? It enters our souls, our hearts, our spirits, our very being - all that makes people what they are. It comes from God's nature, all that makes God what He

Ephesians 2 verse 1: "As for you, you were Dead in your transgressions and sins.

Diagnosis: Dead but, "Whoever believes in the Son has Eternal Life." (John 3:36) Remedy:

What makes these two facts polar opposites? The former fully dead in our sins to fully alive in Christ by His graced. Or to put it more succinctly once again the LIFE OF GOD IN THE SOUR OF MAN

What must we do in the interim between our collective spiritual heart starting and physical Heart Stopping? Fulfil the command of the Angel of the Lord who told the two Mary's come and see the place where He lay. Then go quickly and tell His disciples He is risen from the dead" (Matthew 28:6&7). Come and see then go and tell, these are the marching orders given to all Christians - the LIFE OF GOD IN THE SOUL OF MAN is to be shared by word of

mouth and experience by others through God's Spirit working and changing theirs

Under God and through much prayer Christians are called, commanded and commissioned to herald the good news as they are sent into culture as His ambassadors with a great and glorious message from the King of Kings. That requires knowing your audience, becoming savvy about your faith and the world

and then knowing how to relate the two. The apostle Paul was a master of this as he very effectively reasoned with the lews in the synagogue. He refuted the philosophers and he debated many diverse groups with different

beliefs in the market place. He didn't, 1. Cocoon from culture. Hermit like pulling up the drawbridge and retreating from culture. Nor did he 2. Conform to culture by blending in like a chameleon. He did not let the world squeeze him into it's mould Sometimes he would 3. Combat culture in so far as its will and ways militated against God's.

He, like we, are to be salt and light. Salt to prevent decay and light to disperse the These words must be obeyed and personal-

ized "Now get up and stand on your feet. I have appeared to you to appoint you as a servant and a witness, I am sending you to them to open their eyes and turn them from darkness to light and from the power of Satan to God so that they may receive forgiveness of sins." (See acts This is the "Life of God in the soul of man"

for Christians and the "Life of God in the souls of men" for those who are not. If any of you struggle with questions and issues of life please feel free to contact me at gtomiuck@hotmail.





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Fair trade lesson teaches students to read labels

REDNO FRANKE

Postmedia Network Amber Christie wants McKay School in Port Col-

borne to practise what it teaches. The grades 6 and 7 teacher is spearheading an initiative to make the elementary school the first in Ontario to be designated a

fair trade school. A former social worker, Christie was encouraged to promote social justice on a schoolwide basis after teaching a lesson in sustainability and fair trade contained in the new cur-

"It was my first time teaching it, and the kids were just so passionate about it," Christie said. Realizing they are living a life of luxury compared to their counterparts in the developing world really hit

after her students watched a video about child labour in Bangladesh. "They began reading labels, and they started

boycotting everything from Bangladesh," Christie said. The school began selling fair trade bananas and soon hopes to add chocolate manufactured by fair trade co-operatives. Christie said that con-

trary to popular opinion. ethically sourced items aren't excessively expensive because the price tag doesn't include a big

markup for the distributor. "It's cheaper than what they are in a department store She pointed out one such

product that could benefit from fair trade is soccer "Seventy to 90 per cent of soccer balls are made in Pakistan. It's kids who

are making them and they can't go to school because they are working." In comparison, no one younger than 15 can be involved in the production of goods meeting fair trade

certification. "Basically, you're voting with your money," Christie said. "Just look at the tag and make an informed

"It's just tiny choices that,

taken together, can make a world of difference." She told her students it's important for people in the "first world" to improve conditions in countries that, unlike those in North America and Europe, don't have stringent standards for the fair treatment of

labour. "Change comes with increased education and awareness, and this is the next generation that can affect that change," the French immersion teacher said. "If we can ignite enough passion in them, that passion can lead to change."

thing to do" as far as Sierra Skotniski, one of Christie's students, is concerned.

"People who make the product should make the money and be able to keep it," the Grade 7 student said Athena Dezenosky, also

in Grade 7, said lessons in fair trade reminded her how fortunate she was to be born in Canada. *If I were in Bangladesh. I wouldn't be in school. I would be too busy work-

ing but I wouldn't make enough money to spend time with my family." Thanks to an arrangement with Ten Thousand to be designated as a fair Villages, a Port Colborne trade community.

Fair trade is "the right store that works with fair trade co-operatives, students were able to get ethically sourced Mother's Day gift ideas from a display table set up in front of the main office.

Grade 7 student Hannah Smith had her eye on a product bandcrafted in

India. "Everybody should have a chance to have as good a life as I have," she said Fair Trade Month at

McKay will be highlighted by a trade fair Thursday, May 19, beginning at 6 Port Colborne became the first centre in Ontario

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Donna and the brain tumour she calls 'Evin'

Postmedia Network

She first called it Kevin. The acorn-shaped tumou inside her right parietal lobe needed a name so that when its host. Donna Fobert, needed to curse it, she could scream at it directly. "Damn you, Kevin. F--- you

And when doctors were only able to remove about 10 per cent of the benign tumour in her brain - the darkest spot that was shaped like a tiny cat on her brain MRI she eliminated the 'K' and called it Evin. Donna and Evin will be together, forever,

And of all the challenges she's faced head on since doctors found Evin more than two years ago, knowing that he will always be there, in her head, is one of the toughest mind games she's ever had to

"He will always be in here." she says. "I have to reconcile myself with that. It will always be part of my life," says

Donna, 42. 'My goal is to get to a point where a headache is just a headache."

Where in her thoughts and fears, Evin isn't the instigator of every twinge of pain. In a statistical sense, every day 27 Canadians hear the

words, "You have a brain tumour." An estimated 55,000 are living with a brain tumour. either cancerous or benion says Amy Mathias, digital community engagement co-ordinator with the Brain Tumour Foundation of Canada

A brain tumour is the growth of abnormal cells. Because brain tumours are located at the control centre for thought, emotion and movement, they can dramatically affect a person's physical and cognitive abilities, and their quality of life, she says, This month the founda-

tion is launching a campaign of awareness by encouraging people to share their stories, and highlight some of the 120 different types of brain nimours

The most common type of malignant tumour that starts in the brain - glioblastoma multiforme - has a less than



Donna Fobert with her children, Branden, 18 and Taylor, 15.

one-year survival rate, even with aggressive treatment, she says. And yet, even if a tumour is non-cancerous, it can wreak havoc on a person's life. "You always have to live with this shadow of doubt 5

says Mathias. Donna's story begins just over two years ago, in the driveway of her St. Catharines home. She had just shovelled snow, felt a tingling sensation in her lower left leg and couldn't wiggle her toes. She stood, perplexed and wondering: "Why are you not moving? I'm sending you a mes-

sage to move." It lasted only a moment. then was gone. But it was odd enough for her to mention to her doctor, who sent her to a neurologist. By then, it had happened twice more. the worst in a change room at a clothing store that left her with a leg tremor, unable to move for the better part of four minutes.

The diagnosis came suddenly, after Evin's dark shadow was found on an MRL Overwhelmed and terrified Donna managed to ask: "Am I going to die?

And then, "What do I tell my kids?" Donna has two children; Branden, 18, and Taylor, 15, And it was from their strength, and the positive influence of husband Phil Fobert who last summer donated a part of his liver to save a baby, that on June 20, 2014, she lied awake in an operating room at Hamilton General, with a halo attached to her skull, as doc-

tors tried to remove Evin. A strip of her hair, from ear to ear, was carefully shaved, and a square of skull bone cut out and removed Donna was brought in and out of consciousness, as doctors stimulated the parts of her brain around the tumour. If a body

part moved - a slight hand

twitch or full-body jolt - it

was brain. If nothing happened, it was Evin. However, because brain tissue had grown over the tumour, most of it could not he removed. And there Evin hounts

Donna's head was closed up with stitches. Impressive, neat and tidy train track stitches, she happily noted. Four days later, hair combed strategically over the sutures. she made it to her daughter's Grade 8 graduation.

And that is where Donna thought her story would end. "I thought it was going to be, pluck it out and two months later I'd be recovered

BRAIN TUMOUR SIGNS AND Recognizing the most

common signs and symptoms associated with brain tumours can help in early diagnosis and treatment. They can include

- Visual disturbance such as double or blurred vision
- Weakness or paralysis
- Personality changes ■ Morning nausea and vomiting
- Dizziness or unsteadiness
- Frequent headaches ■ Hearing impairment
- Seizures

Source: Brain Tumour Foundation of Canada

MORE INFORMATION Brain Tumour Foundation of

Canada: www.braintumour. Brain tumour support group in Niagara: www.

braintumour.ca/286/ niagara-ontario and back to work," she says. "I don't know if people realize how much it takes out of you for something that's not

Donna faced weeks of chemotherapy and radiation to reduce the chances of Evin getting bigger. And then, in the midst of treatments, an infection effectively disintegrated the bone square that had been cut out in the original surgery and it had to be removed permanently in a second surgery, and replaced with an artificial bone. But the stitched skin didn't heal properly and two small holes the size of a pen tip grew larger at the same time her hair was fall-

ing out in patches from radi-Continued on next page

ation treatments.

Donna and the brain tumour she calls 'Evin'

From Previous page

In her darkest moments, she hung onto her husband's words: "This is going to be a long, hard road and it's going to be OK.

There was even more chemo, and a final and fourth surgery that cut out the strip of infected flesh, and rotated a circular piece of her scalp the size of a bagel, so the edge that was at the bottom was turned 180 degrees to fit along the top, A band of skin was taken from her leg and used to fill in the gap created where the infected strip was cut out

put energy into recovery. regrow, albeit not as thick as

And that, was that, Finally, Donna was able to He hair has started to it once was. She has grown closer to her mother, who stayed by her side and her Grade 1 teacher and neighbour, who drives her to appointments in Hamilton. Friends who she'd lost touch with over the years, stepped up to help. A cousin came to her house every morning for coffee. And her family gave

her a reason to recover. And these days, several weeks removed from the intensity of uncertainty, she recognizes the experience as a

life lesson in resilience. Especially, for ber children. "I hope they learned it's a hard journey," she says. "But sometimes the hardest jour-

nevs have the best results. Cclock@costmedia.com



CHESKI CLOCK POSTMEDIA NETWORK Donna Fobert, 42. with an MRI image of the acom shaped brain tumour she calls 'Evin'. The tiny dark area inside the shaded tumour is the part that surgeons were able to remove.



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Denis Morris grad dies fleeing Alberta fire ROR TYMCZYSZYN

Postmedia Network Niagara Catholic District School Board is asking for thoughts and prayers for the family of Aaron Hodgson, a recent graduate of Denis Morris Catholic High School.

Hodgson, 19, died last Wednesday on Highway 881 northeast of Lac La Biche, along with 15-year-old Emily Ryan, a close family friend, as they tried to escape the devastating fire in Fort McMur-

Canadian Press reported the two were killed when their SUV collided with a tractor-trailer along the road-

way that has a high collision Patti O'Brien said her son was born in Fort McMurray

where they lived until Grade They moved to St. Catharines, where Hodgson attended St. Anthony Catholic Elementary School. Her graduated from Denis Morris

A fellow graduate described Hodgson as very friendly and the type of person who was always willing to help out others

His mother said her son moved back to Fort McMurray at the end of the summer to live with his dad. "He was very understated.

he was shy, quiet, never wanted to be the centre of attention," she said. "He loved music, cars, was an avid video gamer, and played the drums. "He

played hockey and baseball in both Fort McMurray and St. Catharines.

"The news is devastating to the large extended families of both parents." Hodgson is survived by his mother in St. Catharines

and his father Curtis Hodeson and older brother Patrick both of Fort McMurray. Euneral services are being arranged.

> btymczyszyn@postmedia.com Twitter: @bobtym

Sex charges dismissed against stepdad

ALISON LANGLEY

A 44-year-old man charged with sexually assaulting his stepdaughter and stepson had all charges dismissed in a Welland court last Thurs-

day after a judge ruled he was concerned by inconsistencles in the complainants' tes-

timony "I have to be satisfied beyond a reasonable doubt of the accused's guilt." Indee Tory Colvin said in Ontario Court of Justice before dismissing the charges

The Welland man, who cannot be identified in order to protect the identity of the two complainants, had pleaded not guilty to several sex-related offences involv-

as his own. His 17-year-old stepdaughter had testified the man first sodomized her when she was four years old. The stepson, 12, testified he had been sodomized starting when he was

four or five years old. The sihlings testified they were sexually assaulted on a multitude of occasions over the course of several years.

The judge noted there were inconsistencies in the siblings' testimony and that the complainants had a "history of fabrication and collusion. The sister testified she had told "many lies" in the past but she was being truthful ing the siblings he had raised about the abuse.

The judge also questioned why there was no evidence of any physical injuries on the children "You would expect children

to show injuries from anal sex with an adult male," he said. After the judge delivered his judgment, a female in the courtroom yelled at the defendant, "I hope you rot in hell you piece of (expletive)."



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Woman held for sex trade

BILL SAWCHUK Postmedia Network

Niagara Regional Police have charged a Brampton man with human trafficking after a lengthy investigation. Police said the trafficking took place in

Niagara Falls over a six-month period in late 2015 and early 2016. The victim is a 25-year-old woman from the GTA.

*In February, the uniform officers went to a hotel for a domestic dispute," Staff Sgt. Shawn Clarkson said. "No one was talking at the time, and the officer didn't have enough information to lay any charges.

*Later on, the female party contacted us. She gave us a statement that she was

being controlled and working in the sex trade, and we went from there Clarkson said the hotel was "particularly" helpful in the investigation.

"The hotel staff played a role in it," he said. "We really need the hotels to be our eves and ears on the inside. In this case, that happened. The victim is safe, and we have someone locked up, which is where he should be.

Several times a year we conduct what I would call pro-active investigations in Niagara Falls where we will try identify victims of human trafficking," he said "I'll leave it at that. Just what it involves I won't get into.

"There are other times when the inves tigation is reactive - as it was in this case. The victims are often reluctant to testify."

Peel Regional Police helped in the investigation. Joshua Mark Thomas, 25, was arrested

and returned to Niagara Police charged Thomas with human trafficking, two counts of assault, forcible confinement, uttering threats, choking, two counts of receiving a material benefit

and withholding documents. "Withholding documents is its own section in the criminal code." Clarkson said. "It often has to do with human trafficking or exercising control over someone. A person charged with this offence will have withheld travel documents or ID, making the person less able to move

bsawchuk@oostmedia.com

around or purchase things."



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Robertson Hall (The Robby)

85 Church St., Downtown, St. Cathorines.

1:00pm to 5:00pm

The Manhard Val First Ortano

esdax, May 10, 2016 from Downtown St. Catherines Reductions Hall (The Bridge) 85 Church St. Downtown







Opening Ceremonies

Saturday, May 7th, 11-00am St. John Ukrainian Catholic Church

Market Square Downtown St. Cathorines Saturday, May 7th 1pm to 6pm St. John Ukrainian Cotholic Church. 91 Laleshore Rd., St. Carbornes \$65,837,3393 www.stehnuc.com Friday, May 6, 2016 at 6:00pm

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CRANG GLOWER/THE LONDON FREE PRESS

Residents warned of door-to-door salesmen

them.

ALLAN BENNER Postmedia Network

William Moline was convinced they were from the city.

were from the city.

When the salesmen arrived at his
Regent Street home last Friday, he says
they told him work was being done on
the city's waterlines outside his home.

Earlier, he saw a truck with the city of Welland logo on it in the area. He says when the salesmen knocked on his door claiming to be from the city he felt be had no reason to doubt

Continued on next page



Purchased Between April 1st - April 30th

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Residents warned of door-to-door salesmen

From previous page According to Moline, they arrived in a plain white car, and told him that the city would be working on a nearby fire hydrant "and they were going to be digging up the road.

He says they told him they would install a water softener tank in his basement, and when the water was shut off for the work that was being done, he'd

still have drinking water. He let them in. But last Monday, Moline heard a report

from the city warning about salespeople who may have been telling residents they represented the city and residents were required to install water filtration equip-

It made him suspicious That's when I figured I'd better check

into this," he said. Moline pulled out the paperwork he was left with after the equipment was installed and carefully read through it.

It was from a company called Ontario Standard Home Services, and included

Moline contacted Welland MPP Cindy Forster's constituency assistant Mike Haines for help.

Haines contacted the company's owner on Moline's behalf, adding the purchase was made within the "10-day cooling off period" for sales transactions under Ontario law.

In his letter, Haines said Moline only allowed the salesperson into his home

because "they said they were with the City of Welland."

The company ultimately agreed to remove the water filtration equipment at no cost to Moline

*But the thing that gets me is, how can they do something like that?" he asked. "It's a good thing I never gave them my

Visa card." He hopes by sharing his story, he can warn others "before anybody else gets

The city issued a warning to residents earlier last week about door-to-door salespeople, saving they do not represent the City of Welland, and there is no requirement for residents to install a filter in their homes. It also says city staff representatives will always clearly identify themselves and show residents proper identification.

If proper identification is not shown. do not let the individual into your home. or sign a contract for any reason," the city

Contacted last Tuesday, Monique Lawrence, operations manager from Ontario Standard Home Services, said the company has not received complaints from Welland residents specifically alleging the salespeople were misrepresenting

themselves. But in response to the "one or two complaints we did bave," she said the company advised the homeowners that "they are not required to open their door, they don't have to let them

She said installing the devices "is by

choice." *It's highly recommended, however, it isn't mandatory," she said.

She said salespeople are supposed to knock on doors and present themselves as being from Ontario Standard Home Services, "and if the homeowners are interested, they do sign them up for an application where they would purchase a

water filtration system." She said the company will "definitely" be looking into the complaints the city has received. The city's media release says water

samples are collected by city staff on a weekly basis throughout the water distribution system, and tested in accordance with provincial regulations. The quality of

the water continues to meet and exceed provincial standards. Water quality test results are available

on the city's website; welland.ca. If salespeople try to gain access to your home for any reason and or do not clearly

identifying themselves or the purpose of the visit, the city advises residents to call Niagara Regional Police immediately at 905,735,7811

More information about water quality testing is available by calling the city at 905-735-1700 ext. 3000.

> ABenner@oostmedia.com Twitter: @abenner1

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IceDogs making the grade in school

Dortmodia Network

It's remarkable for any high school student to rack up a 95.1 per cent average. Imagine it being Stephen Dhillon, a goalie for the Niagara IceDogs, one of the keys to a season that's seen the team rocket to the Ontario Hockey League

Dhillon is one of six active Dogs players now studying in St. Catharines secondary schools

As team policy, high-school-aged Dogs players not from the area continue as students at Governor Simcoe Second-

ary School. Last year, Dhillon prevailed as the top high school academic Ontario Hockey

League player. This time around, he stands at a veryrespectable No. 2, with his sights set on

a health sciences program at University of Toronto "Well, you just try to get the work done when you can," said Dhillon, 17, with

a wry smile in an interview with three other IceDogs studying at Simcoe. "It could be on the bus, you might get a little spare time between games.

"You just use your free time as efficiently as you can - and the teachers are all very accommodating with your needs

and helping you catch up. The Buffalo resident and others at Simcoe were interviewed at the school a day before Game 1 last Thursday with the

London Knights in London. Dhillon is among 10 players who started at Simcoe at the beginning of the school year. Trades, cuts and shakeups whittled it down to four, who also include defenceman Hayden Davis

and centremen Ben Jones and Chris Of two other players on the current active IceDogs squad, Kyle Langdon has continued studies at Denis Morris High School and another, William Lochead, at Ridley College.

"It's such a change for me from last year," said Davis, 16, from Hamilton. "I'm having to be at the rink a lot more. It's a lot busier and more tiring ... but all the guys are also helping me out, too, so it's nothing too hard."

Are they treated any differently by Sim-

"All the kids are pretty nice," Davis said, adding they likely don't socialize as much with other students there because days are packed full as hockey players. For the most part, the guys just stick together ... we are kind of on the out-

As for their team's current run of success, the four Simcoe players say they're pumped, living the moment, and it hasn't affected their studies much. They are wowed by how the community has rallied behind them.

"I think this success makes things easier, because if we didn't go this far we'd all have to go back to our home schools." Davis said. "And that transition would

have been tougher." The other two teens seem also to be faring well at Simcoe

lones, 17, is rocking his grades with about a 90 per cent average

For him, the biggest challenge is "just being able to juggle everything "It can be stressful ... with school,

going to the rink and working out until 12 hours after you'd left home, some days, sald Iones, who hails from Waterloo. "You lean on the support of everyone.

Time management is key. You try to get to bed as early as you can."

Paquette, 18, said it was hard to balance it all at the start. "Then the season goes on and you get

used to it," said the Kingston resident. This is my second year (doing this) and I knew what I was coming into, and what it would be like."

Tim Tope, the academic adviser at Simcoe, calls these students "fantastic." "Of the nine years I have been doing this, these have been the best we've had.

Tope said. "We have had kids in the past that had

a hard time balancing it all: Tope, whom is also a guidance counsellor at the high school, said a meeting takes place with prospective Dogs slated

to attend local schools during rookie "We give them as much information as

we can ... paperwork, we try to get them pre-registered," he said.

Continued on Page 16



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IceDogs making the grade in school

subjects taken at school are for university-bound studente

Currently, the Simcoe students finish at about 1:10 p.m. on school days, and that amounts to roughly threequarters of a typical school day, five days a week, Some subject work can also be handled online This season, the Dogs stu-

dents have missed remarkably few school days due to games, perhaps five.

After classes, the boys hit the ice by 2 p.m. and carry on with practice and workouts until about 5 p.m. They then typically drag their weary bodies back to billeted families and plow into their homework.

Generally speaking, the graduated high school and may take post-secondary, college or other online courses

on their own "These really are model students, all around good guys with great character," said Sim-

dors for the program." donfraser@postmedia.com Twitter: @don_standard

BOB TYMCZYSZYN/POSTMEDIA NETWORK Niagara IceDogs players Christopher Paquette,

Stephen Dhillon, Hayden Davis and Ben Jones walk through the halls of Governor Simcoe Secondary School, where they are studying while playing hockey.



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June 8th to 12th Wed. Thurs. Fri. Sat. Sun. 8min 9m/e 10e 11m/e 12m.

Comedy by ALLANA HARKIN
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spans try! Add a blocked winet, a guy with periect nair, an ex-wine and an incredibly determined realitor ... what could possibly go wrong? The comedy is sure, the characters well drawn and the circumstances? Hilarious!



29m/o | 30m/e | 1e | 2m/e | 3m



Comedy/Farce by MARCIA KASH & DOUGLAS E HUGHES

Local bror Baymond Bream is running in the fectar election, and has come back to bit borntown of Port Whatins for make a companial amountment that jast might put him over the top. Manahelit, the incumbent his running against has sent a common the heckment to town to prevent Raymond from making that amountment—by any means necessary. The showdown better the two camps and the bumbling benchmen will have you laughing all right body.

July 20th to 24th

20m/o | 21m/e | 22e | 23m/e | 24m

Comedy by ROBIN HAWDON





10m/o | 11m/e | 12e | 13m/e | 14m

o=Opening Night m=2 pm matinee e=8 pm evening

905-834-0833 showboattheatre.ca 296 Fielden Ave. Port Colborne, ON (The Roselawn Centre Box Office)

LOCALNEWS



Shark Marine chief executive officer Jim Garrington shows a \$150,000 diving sled at the company's training day for distributors.

Taking the hightech plunge

BERND FRANKE

Postmedia Network

Diving equipment's version of kicking the tires took place at Welland
Scuba Park

A "training day" hosted by Shark Marine Technologies Inc. fully immersed participants in what's new in the St. Catharines manufacturing company's inventory.

Six sales distributors from as far as China spent last Tuesday under water becoming familiar with a hand-held navigator that uses high-tech sonar to let "divers" locate objects in murky waters.

The certified divers the company relies on to promote its products overseas also test drove a sled that lets divers increase the distance they can travel under water while preserving their air supply. "It gives you long-distance capabili-

ties. You would use about the half the air than swimming on your own," said Jim Garrington, chief executive officer of a company that employs 24 people locally.

Known in the highly specialized industry as the Mako, the sled is a diver delivery system that has military, law enforcement, search and rescue as well as scientific applications. Costing about \$150,000, including a software suite that can be updated,

the Mako can even operate autono-

Distributors also received a handson demonstration of a remotely-operated vehicle (ROV) that, among tasks, can look for shipwrecks and inspect pipelines as deep as 300 metres.

"In other words, anywhere too deep and too dangerous for a diver to go," Garrington said. He pointed out an ROV was recently

used at an offshore hydro storage facility in Toronto to snap cables and turn valves.

"It can take a lot more than take

pictures underwater," Shark Marine's CEO, a certified diver, said with a chuckle. Purpose of what the company hopes will become an annual "training day"

was to familiarize reps with the capabilities of products manufactured in St. Catharines by the underwater technology specialist. "This is so the reps can understand

it and will be able to sell it to the end user," Garrington said. Shark Marine products are availa-

ble worldwide though the sale of military applications in such countries as China is restricted. Those markets, Garrington said, would receive the scientific technologies.

Continued on next page

Niagara diving equipment firm's worldwide distributors get immersion course

Welland Scuba Park. located off the Lincoln Street docks on the west bank of the recreational canal, was cho-

sen for last Tuesday's demonetration because of calm water. In the past testing has been done in Lake Ontario. "This allows us to operate from the shore," Garrington said

Visibility was under the water was about three metres. but that didn't bother Thomas Oswald, Shark Marine's Austrian-based European distributor. He said the sonarequipped navigator easily guided him around obstacles and found objects under water.

*Three metres? That is plenty for us," said Oswald,

St Catharines.

Tuesday.

who lives near Vienna and has represented the St. Catharines company in Europe for the past five years

His customers include the military and law enforcement agencies. He said the equipment can be used to find mines or locate bodies in police recovery opera-

"It all depends on the application. With this so much is

possible," Oswald said. Though based out of Mississauga, Pawan Kumar travels to India every three months promoting Shark Marine products. He ranked the navy as the biggest potential client in

the Indian market. Kumar has been a distribu tor for 11/2 years, but he isn't upset that he has yet to bid on

"This is a long-term process. It takes time, this is very specialized equipment.

Kumar knows of two other said the industry is so small itors we turn into customers," manufacturers - one in Israel, the other in the United Kingdom - but Garrington

that competing companies he said buy parts from each other. The ones who are comnet-

BFranke@costmedia.com

NOTICE OF A PROPOSED CHANGE TO A RENEWABLE ENERGY PROJECT

Project Name: Niagara Region Wind Farm Renewable Energy Approval: 4353-9HMP2R

TESO Reference Number: F-001580-WIN-130-601

Project Location: The Niagara Region Wind Farm (the "Project") is located within Haldimand County and Niagara Region (including

the Townships of Wainfleet and West Lincoln and the Town of Lincoln). The electrical interconnection components are located within the Town of Lincoln and the Township of West Lincoln, in Niagara Region, and in Haidimand County in southern Ontario.

Dated At: Haldimand County and Niagara Region on this 4th day of May, 2016. Niagara Region Wind Corporation ("NRWC") was issued a Renewable Energy Approval (REA) on November 6, 2014 in respect of

the Niagara Region Wind Farm project (the "project"). Information with respect to the decision on this project can be viewed on the Environmental Registry by searching EBR #012-0613. An amendment to the existing approval for an administrative change to the Project was issued by the Ministry of the Environment and Climate Change (MOECC) on November 23, 2015; to acknowledge the change in ownership of the Project from 'Niagara Soble Road East

Region Wind Corporation' to 'FWRN LP', as FWRN LP has purchased the Project (EBR #012-5532).

PWRN LP is proposing to make changes to the project and the project itself is subject to the provisions of the Environmental Protection Act of Ontario (Act) Part V.0.1 and Ontario Regulation 359/09 (Regulation). In accordance with Section 16.0.1 of the Regulation this notice is being distributed to make the public aware of proposed changes to the project.

Project Description and Proposed Chang Pursuant to the Act and Regulation, the facility, in

respect of which the REA was issued, is considered to be a Class 4 Wind Facility. An application has been made to the MOECC to change the project and after the terms and conditions of the existing REA. The proposed change consists of a project design change to the REA Application and includes adding a new modified alternate transmissio line route around the Town of Smithville to avoid areas proposed for future urban expansion.

ents for Public Inspection FWRN LP has developed a Modification Document which summarizes the proposed change. A written copy of the Modification Document

is currently available for public inspection on the project website (http://www.nrwf.ca/ projectdocuments/). Copies of the final REA documents also remain available on the project

Project Contacts and Information: To learn more about the project, or to communicate questions or comments, please contact:

Project Email Address: info@nrwf.ca Project Website: www.prwf.ca Project Phone Number: 819-363-6491 or 1-844-363-6491 (toll free)

> Shiloh Berriman, Project Coordinator **FWRNIP** 4672 Bartlett Road South Beamsville, ON LOR 181

agional Road 20 ig Creek Road SMITHVILLE Twenty Roy Interconnector Study Area Sixteen Rosc December Technology Des Source Cirtury Minkey of Natural Sociograph St. Queens Phyliatric Challen (271)

J.A. (Al) Leggett, BA, MCIP, RPP, Project Manager Stantec Consulting Ltd. 300 - 675 Cochrane Drive West Tower Markham, ON L3R 0B8

Certified diver Thomas Oswald from Vienna, Austria, handles European distribution for Shark Marine Technologies Inc. of



Information will be collected and used in accordance with the Environmental Protection Act and Freedom of Information and Invotection of Privacy Act. This information will be used assists PARM LP in memory applicable environmental approvise reparaments. This internal will be invarianted on the for as disapply the progret and may be included in project accordance to the Control Environmental Control Parks Indicated orderings. Described, personal Privacy and any application and all control entire and the public personal and publicly relaxated as part of preject decorporation.



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SHOPPERS DRUG MART

Police board weighs Uber options

Postmedia Network

The Niagara Regional Police board is still wrestling with how best to move forward with a made-in-Niagara regulation for taxis and the ride-sharing industry. "There are some issues

we still have to solve," Bob Gale, chairman of the police board, said after a lengthy closed-doors session. "If we don't get the answers we need, we may need some more time." The police officers in

charge of licensing and board lawyer Woody McKaig will report back to the board on May 26. The board has delayed making a decision a number of times "I would rather they take

their time and do their research," said Hanif Patel, president and CEO of Coventry Connections, which operates taxis in Niagara. I'm pleased with the decision! Niagara's police board is

responsible for bylaws that regulate business operators and drivers of various vehicles-for-hire, such as cabs, tow trucks, limousines, sightseeing and shuttle vehicles. and horse-drawn buggies.

This licensing process includes extensive criminal and driving history background checks, vehicle registration and safety checks. and for proof of applicable insurance provisions including commercial insurance and successful completion of a taxi driver training course. Gale said he realizes there will be winners and losers

when Niagara updates its

regulations

"That's the way it goes," he said. "We are having a healthy debate on the board. Our No. 1 issue is safety. That includes record checks and vehicle fitness. Sustaining the business is No. 2 by a long way off."

Gale said Niagara has been looking toward Toronto and Ottawa to see how those cities are handling Uber.

Earlier last week, Toronto passed regulations that allows Uber to operate legally in the city for the first time. The city approved a new PTC, or private transportation company class, to accommodate Uber by a vote of 27-15 after hours of debate. The base fare for Uber in Toronto will increase by 75 cents to \$3.25. All vehicles must be inspected twice

Taxis in Toronto will be able to use surge-pricing like Uber by adding extra fees during busy times, but only when passengers book fares through an online app.

Patel's company operates Central Taxi in St. Catharines, Fort Erie, Grimsby, Niagara Falls, Thorold, Niagara-onthe-Lake, Lincoln and West Lincoln. He said he isn't a fan of surge pricing.

"The principal of the taxi business has always been that you charge the same rate irrespective of time or day," he said. "I know I'm biased and

come from one angle, but maybe we should be looking at giving the public some consumer protection, and making sure nobody is being

Continued on next page





Bob Gale

Police board weighs Uber options

From previous page "We don't surge charge and have

invested huge amounts money in the licensing system that was developed in Niagara. We bought into it legally. We have invested \$12 million in Niagara. We raised the bar, and now we are seeing the rug pulled out from under us. "We have never been easinst competitions of the property of

tion, but our view is from player like Uber is going to be allowed, they should be meeting the mandate the police board sets in Ninsgara, and not just elbowing their way in."

Uber began operating in Niagara in November, but is, in fact, operating ille-

gally in Niagara. Niagara Regional Police revealed on April 8 that it had charged 20 drivers from Uber with offences under a section of the Highway Traffic Act that prohibits picking up passengers for compensation without a proper licence.

"Rather than taking enforcement action, we believe the right path forward is to develop common sense regulations and we look forward to continuing our work with officials in Niagara to develop permanent regulatory solutions for ridesharing," said Susie Heath, a spokesper-

son for Uber Canada.

"We don't believe that the burden of enforcement should fall on individual drivers and Uber will support our driver partners fully."

hsawchuk@oostmedia.com





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Conditional sentence for \$59,000 debit fraud

A Niagara Falls man who scammed a convenience store out of almost \$60,000 worth of lottery tickets and chocolate bars was planning to pay

the money back after he won the lottery, court heard last Wednesday. Court heard Lawrence Wilkes had discovered that if he removed his debit card at a certain moment before a transaction was completed, it would appear as though the money had been

transferred even though it had not. Between Aug. 22, 2012 and June 25, 2014. Wilkes made 589 fraudulent transactions at Falls Convenience on Victoria Avenue. In each case, he purchased lottery tickets and chocolate

bars, totaling \$59,300. Assistant Crown attorney Gabe Settimi told Judge Peter Wilkie in an Ontario Court of Justice in St. Catharines the defendant was a regular at the store, visiting almost daily

and was known by the staff. The judge agreed to a joint submission of a 12-month conditional sen-

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TRUE RAIN

SEPT 5-9

tence on a charge of fraud over \$5,000 after being told Wilkes could make a full restitution in the form of a personal cheque.

"Very, very rarely do we see this kind of money being repaid," the judge said. *Very often, they are ordered to repay but that extends months or years and often the payments aren't made."

Defence counsel Geoff Hadfield said his client retired early from GM after 33 years so he could use his retirement fund account to reimburse the storeowner If the defendant had won the lot-

tery, Hadfield said, he planned on repaying the storeowner all of the money he had stolen.

That aspect of the case didn't sit well with the judge. "You might as well take your money

and burn it," he said. "You have a better chance of being struck by lightning. It's a tax on the stupid, quite frankly.

Wilkes will be under house arrest for the first six months of his sentence DAY & MULTI DAY

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A highway through hell

Postmedia Network A former Welland resident is breath-

ing easier after her husband's harrowing drive to safety from a work camp north of Fort McMurray. "It was pretty scary," said Allison

Cowell, recounting Jeremy Wallace's 480-km, last Tuesday night nine-hour journey south to Tofield. "He was rattled and couldn't get to

sleep until about 3 a.m. this morning. As the fire threatened the surrounding communities. Wallace a machinist who had been working at Suncor. together with hundreds of other journeymen, was told to prepare to evacuate to make room for people fleeing

surrounding towns. The camp is about 30 km north of the fire-stricken areas.

"The camp he was at just filled up with people," said Cowell, who has lived in the area, most recently, since

"He was talking about how families came in with kids, you could see it on their faces they were just drained," she said. "There were babies born at the camps up there - at least two hirths" The plan, said Cowell, a journeyman steamfitter, was originally for the workers to be flown out of a nearby airstrip, but the strip had to be used for other evacuation purposes

Wallace ended up spending that night instead at the Noralta camp near

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He was finally able to leave at 10

a.m. last Wednesday morning along Highway 63. He joined thousands of others heading south on the crowded highway, the only real way out of the area. Anyone traveling that distance is aware gas stations are few and far between. Compounding the issue was that several gas stations had

exploded - and others were running out of gas. Within hours his truck was "running on fumes" and he wasn't alone

"The issue that occurred for many people up there is ... on that stretch of Highway 63, there one gas station, (about) 210 km down," Cowell said.

If a long-distance commuter has little gas left after having made the previous trip up from Edmonton: "You're not going to make it back."

A photo he took through the windshield of his truck shows what turned out to be a 15km line of vehicles who had run out of gas or nearly so. Some people abandoned their vehicles and climbed in with others fleeing the

Wallace took a short detour to a Chevron station where "they made sure people could make to the pumps," Cowell said, with some getting their gas to their stalled vehicles by jerrycan.

Continued on next page

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Welland native describes husband's flight from fire

From previous page

Eventually, after a drive through Edmonton, Wallace made it home exhausted. He made it to their Tofield home at about 7 p.m. last Wednesday after a quick stop in Edmonton for a cold beer. It's a drive that normally takes 4½

hours.

The couple are both hired out of unions halls and work multiple-day shifts at the camp.

As for couple's work future there:

"Right now, they're still full of people who don't have anywhere to go," she said. She said their thoughts are with people in the fire-ravaged areas. Cowell notes how northern Albertans

Cowell notes how northern Albertans

and others — have opened their hearts
and homes to the thousands afflicted. "I
have many friends there," she said. "Some
lost everything this week."

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